



**2021 PROJECT PULL
VIRTUAL INTERNSHIP PROGRAM
26TH SUMMER**

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MESSAGE FROM THE DIRECTORS



Never in a million years would Ms. Lisa and Carlos thought that Project Pull would shift to a virtual internship, especially not for two years in a row! However, in the words of Mama Lisa, "There is never a dull moment" when it comes to Project Pull.

Celebrating it's 26th summer, Project Pull continued with its Career Pathway Model in response to the COVID-19 Pandemic. With one year of virtual programming under their belt, Ms. Lisa and Carlos hit the drawing board to identify ways to switch things up from last summer. Their brainstorming session resulted in the development of a career pathway project that was in addition to the research presentations from last year. Through this project, interns had the opportunity to further engage with their fields of interest and was designed to teach them more about the various career fields that the San Francisco Public Utilities has to offer. They were also very excited to pilot a San Francisco YouthWorks and Project Pull partnership where SF YouthWorks interns had the opportunity to participate in Project Pull programming. SF YouthWorks interns were an amazing addition to our Project Pull family.

As always, we would like to close by thanking all of the career mentors, interns and colleagues that made this summer possible. We extend a special thank you to Mr. Michael Carlin, Acting SFPUC General Manager, for his belief and full support of our Project Pull Program. Through all of our efforts we are, sometimes unknowingly, changing the lives of our San Francisco Youth and hopefully, future city employees.

Cheers to Summer 2021!

Carlos

Carlos Ramos — Program Coordinator



~Ms. Lisa

Lisa M. Miles-Wilkerson — Program Director



MEET THE PRODUCTION CREW

'Team Leaders'



KIRBY WONG, (she/her) is a rising junior at University of Puget Sound in Tacoma, Washington. She is majoring in Sociology & Anthropology and minoring in Education Studies. She is passionate about working with youth and young people and wants to work within the education field, possibly as a teacher or administrator. This was Kirby's first year as a Project Pull Team Leader (TL) for Team Echo and co-facilitator for the Engineering Pathway with Sha'Nice Patterson. She had an amazing experience stepping out of her comfort zone working with students in the STEAM field and supporting interns on projects in a new environment on BlueJeans during this pandemic. She is honored to work with such incredible people that have taught her to work with young people and has learned a variety of gifts from her coworkers. She is grateful for this position and is taking every experience and lesson from this program into the future with her.



DESTINE LAMONIA is a first-generation, Latina student at California State University East Bay, where she will obtain her degree this fall in Sociology with a minor in Psychology. She was born and raised in San Jose and loves working within the Bay Area and giving back to her community. This was her first summer working at Project Pull and she feels so fortunate to have experienced such an amazing summer thanks to her new Project Pull family. She will always remember having the best conversations from the daily check-in questions and always being able to laugh out loud even at 9AM. Her favorite memories from this summer are the Intern Mixer and human bingo, watching everyone run around their house trying to get all the items off the lists during Scavenger Hunt Escape Room Day, and the College Day Workshop. She enjoyed working with kind, funny, and hardworking people and building strong connections despite the program being virtual. She is honored to be the Team Leader for Team Delta and be a part of the Project Pull family <3.

MEET THE PRODUCTION CREW

'Team Leaders'



JENNY HOANG is a recent graduate from University of California, Davis. She obtained her Bachelor's of Art in Psychology and double minors in Education and Human Development. This is her second summer with Project Pull and she is so thankful to be a part of a program that shares her passion for working with youth. She loves how closely she worked with the program director and program coordinator as well as her colleagues in making this summer the best it can be for the interns. Jenny once thought she wanted to forever work with elementary school students, but Project Pull changed her way of thinking, and expanded her passion towards high school students too. This summer did not disappoint her. She still truly feels that working with high school students is her true calling, and she will not give up on working with youth. She is extremely grateful to have had this opportunity again to expand her communication and time management skills, and to stay close with the Project Pull family.



CLARA BECKER is a San Francisco native and a current student at Santa Clara University finishing her Bachelor of Science in Ethnic Studies with a minor in English. Her career interest is in high school education. This was Clara's second summer with Project Pull and she was the Team Leader for Team Bravo and co-leader of the Communications Pathway with Destine Lamonica. Clara was honored to be able to return to the program and spend another amazing summer with her Project Pull family. While being virtual again presented both familiar and new challenges, Clara loved being able to be in constant collaboration with the amazing group of Team Leaders, Carlos, and Mama Lisa to meet those challenges in creative and innovative ways. She was also so thankful for all of the laughter and close connections that she had with the interns of Team Bravo and was incredibly proud of the work that they were able to produce throughout the summer. Clara is truly grateful for this opportunity and thanks everyone at Project Pull for another unforgettable summer.

MEET THE PRODUCTION CREW

'Team Leaders'



SHA'NICE PATTERSON received her degree in Child Development from Sacramento State University in 2016. This is her seventh summer with Project Pull and it was one of the best summers she's had in the program. Even though the program was again on a digital platform, she was able to build strong lasting connections with her team. She believes COVID-19 brought everyone closer and made them more appreciative of the people around them. Sha'Nice lost her mother at a very young age but was blessed to have a loving grandmother that stepped up to take care of her. Her life experiences have led to her career with the San Francisco Unified School District where she works in the Wellness Center. She loves her job because it allows her to help and guide high school students in the same way that her grandmother guided her. Sha'Nice is very grateful for her Project Pull family that is always there to love and support her. She wishes the best to the lucky 42 interns she had the pleasure of working with.



SUMMER SYNOPSIS

'Program Summary'

PROGRAM HISTORY: Project Pull was founded in 1996 with the goal of “pulling” young people into public service by providing structured mentorship opportunities to highly motivated high school and college bound students who demonstrated an interest in the fields of architecture, engineering, business and the sciences. By placing young people in internships with professional employees in these fields, the program aims to instill a sense of community responsibility and compassion in the participants while simultaneously teaching them the skills and characteristics they would need to be successful in both educational and career pursuits.

PROJECT PULL MISSION STATEMENT: Project Pull is committed to diversifying the San Francisco City and County workforce so that it reflects the San Francisco community. Through mentoring and work experience, local youth learn skills and values in leadership, teamwork, integrity, creativity, community service and self-empowerment. Their achievements provide the foundation necessary for future success in college and career.

PROGRAM GOALS:

- Provide the youth of San Francisco with professional work experience and to steer them towards careers in the public sector.
- Increase the diversity of San Francisco’s workforce with members of underrepresented communities.
- Teach values in leadership, teamwork, creativity, community service and self-empowerment.
- Promote interns’ interest in their city and encourage them to give back to their community.

PROJECT PULL NOW: Project Pull is a living program. Throughout the years, it has been able to adapt and change to address the needs of our San Francisco youth. Summers 2020 and 2021 were no different. Despite the global pandemic, and amidst San Francisco’s shelter in place order, Project Pull quickly shifted to a virtual platform and was able to continue providing our San Francisco youth with a meaningful summer experience. With virtual summers under its belt, Project Pull has positioned itself to continue serving San Francisco youth by providing virtual and in person opportunities.

SUMMER STORYBOARD

'Calendar of Events'

PRE-EMPLOYMENT TRAINING - JUNE 14TH

CAREER PATHWAY DAY - JUNE 21ST

INTERN MIXER - JUNE 22ND

FINANCIAL LITERACY DAY - JUNE 25TH

CAREER PATHWAY DAY - JUNE 28TH

SCAVENGER HUNT ESCAPE ROOM - JULY 1ST

RESUME WRITING WORKSHOP - JULY 9TH

COMMUNICATIONS PRESENTATION - JULY 9TH

CAREER PATHWAY DAY - JULY 12TH

MOCK INTERVIEW DAY - JULY 16TH

ENGINEERING / ENVIRONMENTAL SCIENCE PRESENTATION - JULY 16TH

CAREER PATHWAY DAY - JULY 19TH

COLLEGE DAY - JULY 23RD

VIDEO PRESENTATION DAY 1 - AUGUST 3RD

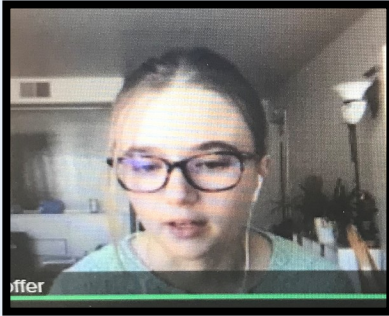
VIDEO PRESENTATION DAY 2 - AUGUST 4TH

CLOSING CEREMONY - AUGUST 5TH

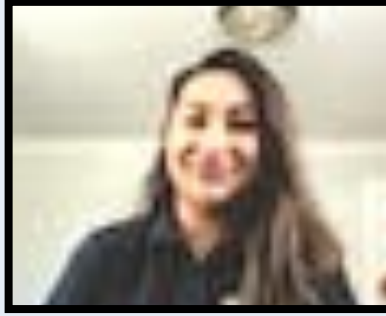
LAST DAY / FUN DAY - AUGUST 6TH

SPECIAL GUEST APPEARANCES

'Career Mentors'



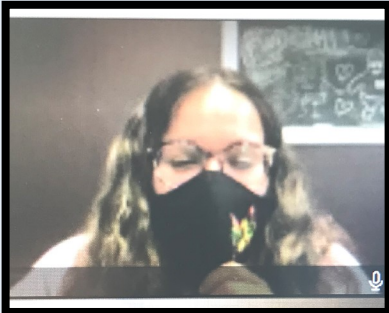
CLAIRE BECKSTOFFER
UC BERKELEY
ENVIRONMENTAL SCIENCE



CARINA GOMEZ
SFPUC
ENVIRONMENTAL SCIENCE



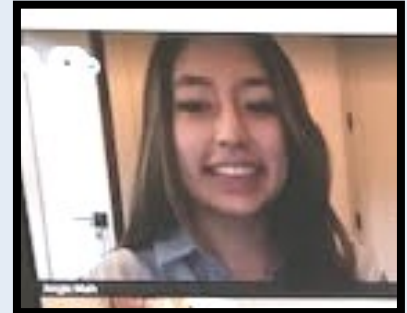
DONOVAN GOMEZ
SFPUC
COMMUNICATIONS



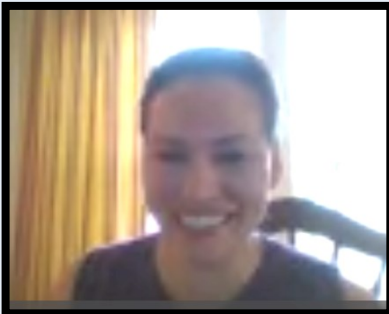
ANALIS IBARRA
JCYC
COMMUNICATIONS



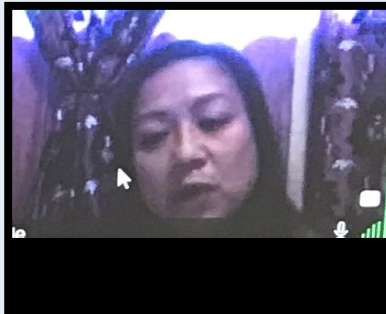
TEDMAN LEE
SFPUC
ENGINEERING



ANGIE MAH
BERLINROSEN PR
COMMUNICATIONS



ELIZABETH REYNOSO
SFPUC
ENGINEERING



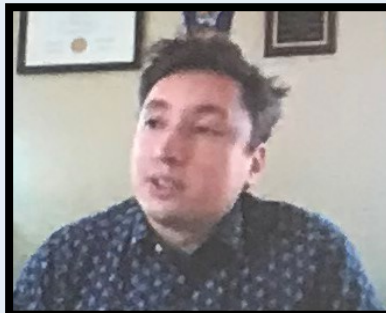
MICHELLE SAN MIGUEL
LOOKING GLASS MEDIA
COMMUNICATIONS



JONATHAN SMITH
SFPUC
ENVIRONMENTAL SCIENCE



AAMIR VAID
GENENTECH
ENGINEERING



JORDI VASQUEZ
STATE OF CALIFORNIA
ENVIRONMENTAL SCIENCE



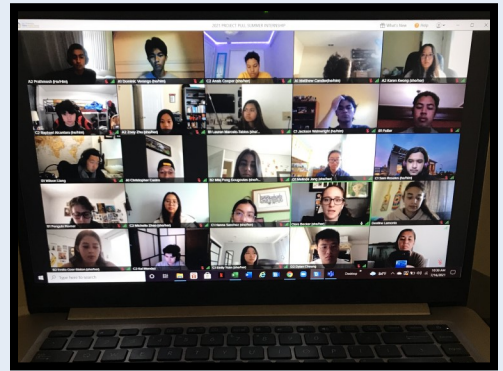
WENDY ZAMBRANO-MAH
SFPUC
ENGINEERING

PRACTICE MAKES PERFECT

'Enrichment Activities'

PRE-EMPLOYMENT TRAINING (June 14th):

The Project Pull 2021 Pre-employment Training Day was dedicated to helping the interns get to know each other, the Team Leaders (TLs), and what to expect from this upcoming summer with Project Pull. The day started off with a TL-led game of "What The Meme" to help break the ice and get the interns excited and engaged. Each TL introduced themselves before taking attendance where the interns had the opportunity to share their name, the university they hoped to attend, and their dream job. The interns then competed against one another in their teams in a "Song Game" where they raced to identify theme songs from TV shows from their childhood based on short clips of the songs. After lunch, the interns received an overview of the summer, program expectations, and their summer long 2021 Project Pull Video Debate Project where teams will debate one another over several current event, hot button issues. In addition to bragging rights, the teams who scored the most points during the games throughout the day earned the ability to choose their topic for the debate as well as their position as "pro" or "con" for the project. The interns were then divided into their teams and sent to breakout rooms where they were able to get to know their teammates better and bond through a game of "Two Truths and a Lie." To close out the day, everyone reconvened in the main BlueJeans room where interns had a final opportunity to earn points for their team in several rounds of "Kahoot!" testing their knowledge of popular movies, Pokémon, and general trivia.



PRACTICE MAKES PERFECT

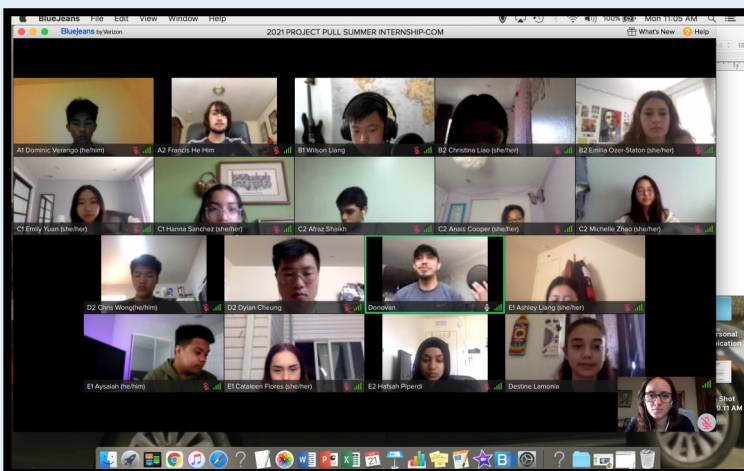
'Enrichment Activities'

FIRST PATHWAY DAY WITH MENTORS (June 21st):

For the first Pathway Day, Project Pull hosted three guest mentors from the SFPUC across the three pathways of Communications, Engineering and Environmental Science.

Communications:

In the Communications Pathway, guest mentor Donovan Gomez described his role as the Social Media Coordinator and his videography role at SFPUC. Donovan discussed his day-to-day role of monitoring and managing all seven SFPUC social media platforms, checking what is trending in order to stay up to date with current events, and coordinating with each enterprise about what they want to promote on social media and SFPUC website for that day. Donovan highlighted how, currently, “dry year messaging” has been a major focus of the communications department within SFPUC. The day concluded with a lively conversational Q&A session where interns asked questions about what a career in communications looks like, networking, his education, public speaking, finding and getting internships, and why he was drawn to communications. At the end of the pathway day, Donovan shared invaluable advice with the interns about the importance of doing something you love, always being authentic to who you are when presenting yourself, casting a wide net when applying to jobs and internships, always asking questions, and how a “Hello” goes a long way.

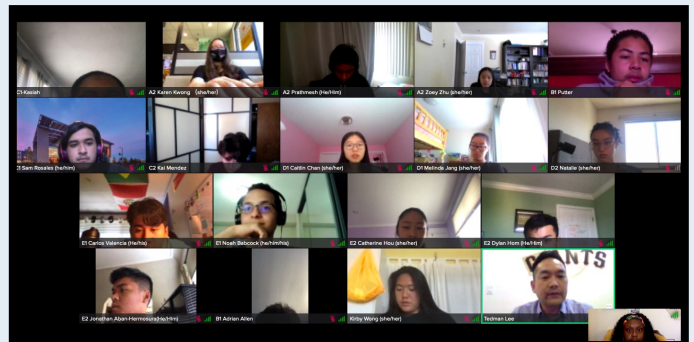
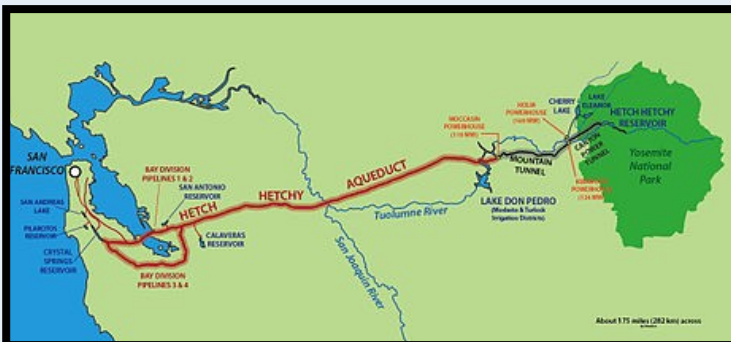


PRACTICE MAKES PERFECT

'Enrichment Activities'

Engineering:

In the Engineering Pathway, Project Pull hosted guest mentor Tedman Lee, SFPUC Engineer for the department of Civil Engineer Pipeline Bureau Management. He explained that there are three enterprises water, wastewater, and power. The interns were most curious about learning the basics of engineering as a field and Tedman emphasized the importance of math and logic as top skills in this field. He then prompted the interns to solve a multiple choice math problem where none of the answers were correct to teach the interns a valuable lesson in engineering about choosing the best answer for a situation. He proceeded to offer pieces of advice as the day went on such as the fact that engineering is hard, you have to be sharp and confident but the work is rewarding and you have the opportunity to work alongside incredible people. Secondly, Tedman discussed the difference between working within the public and private sectors. His third piece of advice was to just try engineering, "if you don't try you won't know whether you like it or not!" Lastly, he reminded the interns that they are always learning and to be open to what they see and learn every day.



PRACTICE MAKES PERFECT

'Enrichment Activities'

Environmental Science:

Carina Gomez, an SFPUC employee and Project Pull Alumna, joined us for our first Environmental Science pathway. She started the morning by talking about being a Project Pull intern herself a few years ago. She learned to network and found a job working with her mentor who is a biologist. She had a lot of passion for working in nature and was able to monitor all wildlife in the area she was working in. She emphasized the importance of networking because without networking, she would have never had the motivation to pursue graduate school. She then talked about her current role at the SFPUC. She explained that when we flush the toilet, we do not want to send unfiltered water into the ocean, therefore she has to collect samples, in industrial companies and hospitals, of biological and chemical properties before they get to the treatment plants. Another role Carina has at SFPUC is to check the flow sensors in the sewage pipes. The presentation ended with a question and answer session where interns asked many questions about her academic path, water overflow, and eating seafood.



Biology
is **life**

PRACTICE MAKES PERFECT

'Enrichment Activities'

INTERN MIXER (June 22nd):

The Intern Mixer was a fun opportunity for the interns to relax and spend time getting to know one another while playing games. Starting the day with some laughter, the interns shared their favorite jokes in small groups and the whole program. The interns then played an improv "Story Game" where each person contributed two to three words to a gradually developing plot in order to collaboratively construct a story. The bonding activities continued with several rounds of "Human Bingo" which gave the interns a chance to learn more about one another and interact with people outside of their teams and Pathway groups. The "Human Bingo" card included squares with 'getting to know you' prompts such as "Find someone who picked up the same hobby as you during quarantine? What was it?", "Find someone who loves boba. What is their favorite boba order?" and, "Find someone who is not at their home right now. Where are they?" Interns were randomly assigned to breakout rooms of three to five people for two minutes at a time to fill in as many squares as possible with their fellow interns' names.

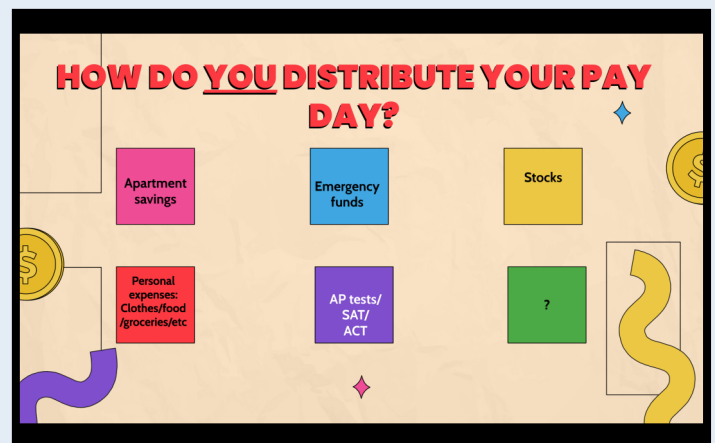
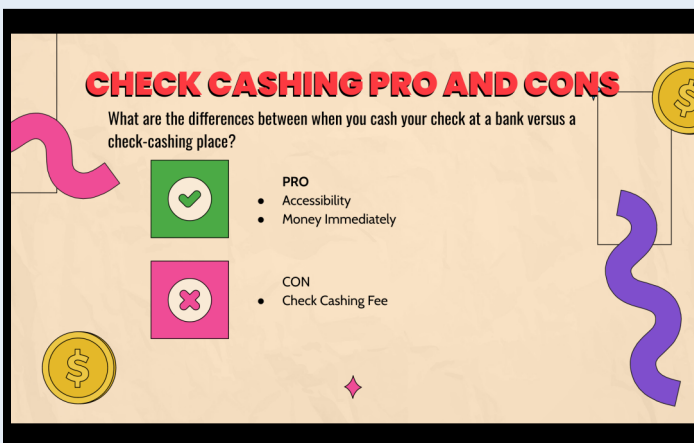


PRACTICE MAKES PERFECT

'Enrichment Activities'

FINANCIAL LITERACY DAY (June 25th):

To mark their first payday, the interns began Financial Literacy Day with a question of the morning asking about one thing they would theoretically want to purchase with their paycheck. After sharing their responses with the whole program and playing several rounds of virtual Pictionary as a bonding activity, the Team Leaders began an interactive Financial Literacy presentation. The presentation discussed topics such as how to set up a bank account with a youth-friendly credit union, and the "pros" and "cons" of banks and check cashing sites so that the interns knew their options and how to navigate receiving their first paycheck from Project Pull. To learn about effective budgeting and the importance of tracking expenses, the interns participated in an interactive activity where they discussed and created a breakdown of the different areas where they might be spending or saving their money. After a final Q&A where they were able to voice any lingering questions, a game of Financial Literacy-themed "Kahoot!" tested interns on what they had retained from the presentation and put that knowledge into practice by posing various potential financial scenarios.



PRACTICE MAKES PERFECT

'Enrichment Activities'

SECOND PATHWAY DAY (June 28th):

Communications:

The interns in the Communications Pathway hosted Michelle San Miguel, Regional Director of Sales at "Looking Glass Media," and had the opportunity to learn about other industries within the communications career pathway such as radio, TV production, and cinema. Michelle began by sharing her educational background and how she gained experience during her high school and college years and through internships at news stations and radio shows. She specifically spoke about her time working in the KCBS newsroom in San Francisco as well as working in radio advertising or "traffic and continuity." Michelle discussed working her way up from a high school intern all the way to her current position and the crucial insights that she gained through this process. During the Q&A session, the interns asked questions about financial stability within her career, her experience as a Woman of Color in her industry, the impact of the pandemic on the cinema and music industries, and what she specifically looks for in applicants when hiring. Michelle concluded with advice related to steps that interns can take toward a career in a communications-based industry while still in high school, helpful skills to possess in order to succeed in the industry, and the importance of advocating for yourself by volunteering for as many opportunities as possible and asking questions in order to get your foot in the door.

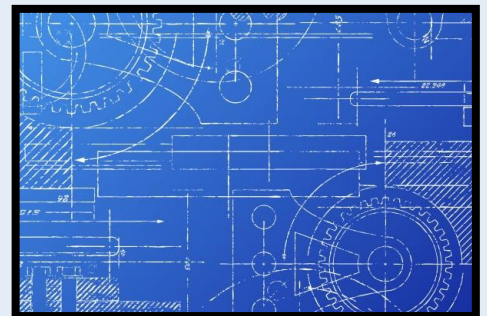
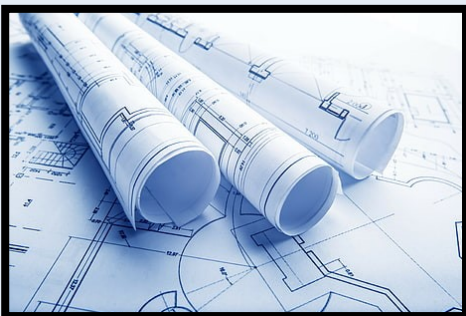


PRACTICE MAKES PERFECT

'Enrichment Activities'

Engineering:

For week two in the Engineering Pathway, mentor Aamir Vaid, a Civil Engineer at Genentech, came to speak to the interns. Aamir began by discussing his undergraduate education in Austin, Texas where he discovered that engineering was a really versatile field and of great interest to him. After college, Aamir started working for Genentech while simultaneously pursuing his master's degree. He advised that within the field of engineering, you can study civil engineering and still be able to work in jobs with chemical, biochemical, and electrical engineering and that if your employers want to give you a job, they will give you all the resources to succeed. Aamir shared that he has worked with national organizations and other affinity groups that focus on cell therapy, racial equity in vaccine testing, and seismic retrofitting. He talked about the accessibility of these opportunities, noting that interns can find these experiences by attending career fairs and finding jobs that have inclusive spaces where they can build their network. Aamir closed with a Q&A session and some words of wisdom about how to navigate workspaces by joining affinity groups or communities.

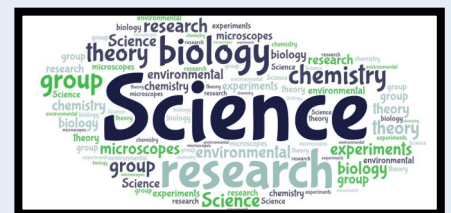
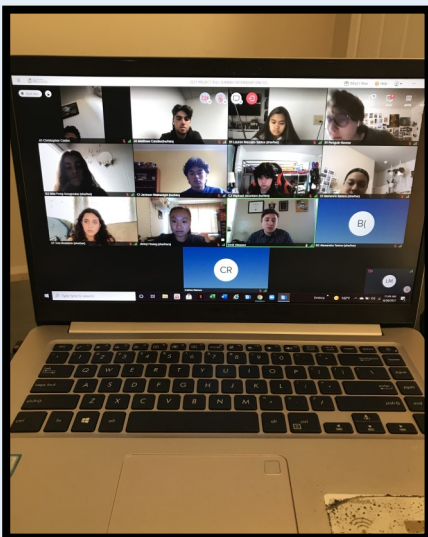


PRACTICE MAKES PERFECT

'Enrichment Activities'

Environmental Science:

Jordi Vasquez is a Project Pull Alum who currently works as an environmental scientist for the State of California. Jordi discussed how, after graduating from UC Santa Cruz, he started working for SFPUC in the climate change program. He walked the interns through his day-to-day working from home where he joins team calls throughout the day, talks about budget proposals, and participates in many projects while collaborating with his colleagues. Jordi also talked about the current drought and the importance of conservation. He also highlighted how saving energy is also important because when we save energy, we are also saving water. Jordi shared with the interns that he will be pursuing his master's in Civil Engineering and emphasized the importance of networking and internships. He recounted the role that internships have played in his professional career. Lastly, Jordi acknowledged that college might not be for everyone and that it is okay to take a year off after high school, and take time to figure out what you really want to do.

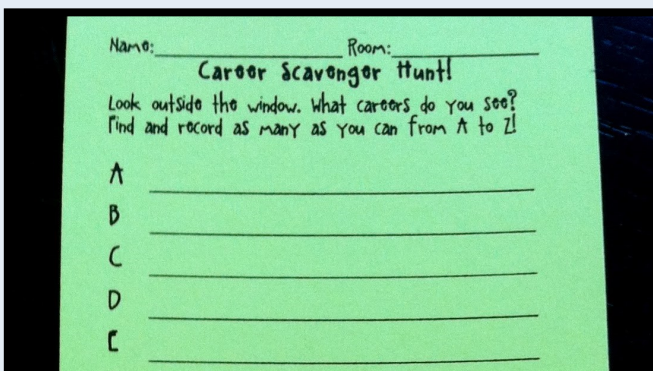


PRACTICE MAKES PERFECT

'Enrichment Activities'

SCAVENGER HUNT ESCAPE ROOM "S.H.E.R" DAY (July 1st):

After the success of the previous summer and to continue Project Pull's long in-person tradition of a city-wide Scavenger Hunt, we revived the virtual Scavenger Hunt Escape Room or as Mama Lisa calls it, "S.H.E.R" Day. In their full teams, interns participated in a fusion of a Scavenger Hunt and a virtual Escape Room. Interns had to "escape" from each "room" by collaborating to locate 20 items in their respective houses from a themed list in order to advance to the next room. The different themed escape rooms, which gradually increased in difficulty, were the "Back to School Survival Kit" room, the "Hot Mess Express" room, the "Home Theater" room, the "Lost at Sea" room, and the "Precious Memories" room. The teams raced against the clock and each other with only six minutes to locate all of the items for each room. While Team Echo came in first place, the virtual Scavenger Hunt Escape Room was a fun, team-oriented day of competition and bonding.

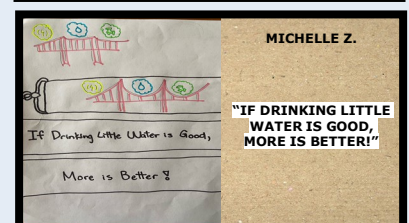
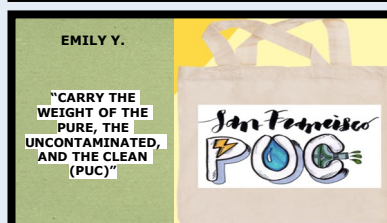
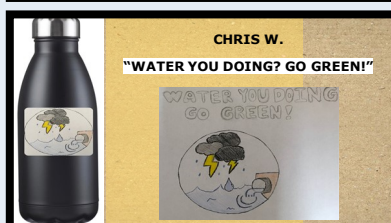
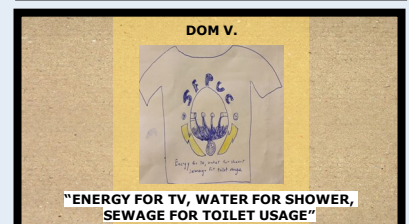
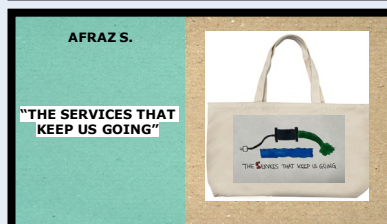
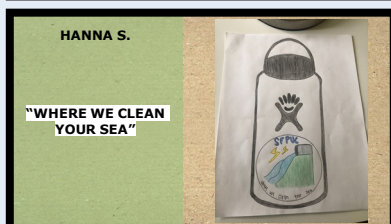
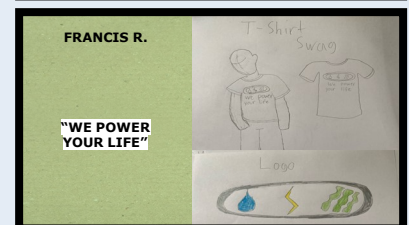
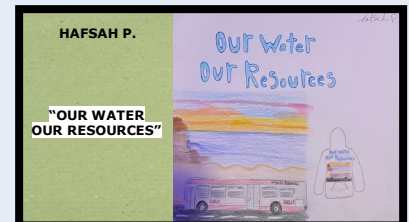
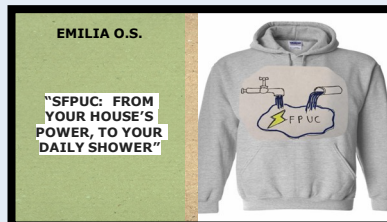
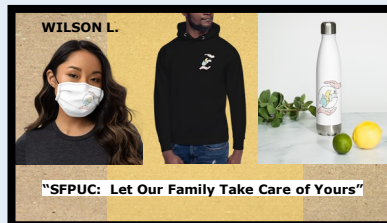
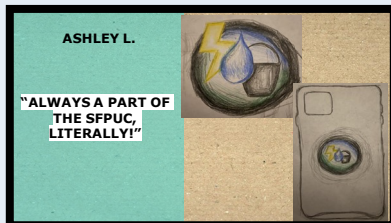
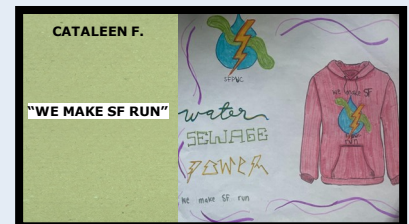


PRACTICE MAKES PERFECT

'Enrichment Activities'

COMMUNICATIONS PATHWAY PRESENTATIONS (July 9th):

The morning started off with the Communications Pathway Presentations. Applying what they learned in their pathway so far, the interns had been tasked with developing a swag item featuring a unique slogan and logo for the SFPUC. For the presentations, each intern in the Communications Pathway displayed and explained their final product to attendees.



PRACTICE MAKES PERFECT

'Enrichment Activities'

RESUMÉ WRITING WORKSHOP DAY (July 9th):

In the afternoon, the interns began Resumé Writing Workshop Day by sharing their dream jobs before moving into a large group conversation about why resumés are important and what they should include. The TL's shared a presentation discussing the "Do's and Don'ts" of resumé writing with a specific focus on the importance of professional and consistent formatting. The presentation also included several sample resumés representing what a strong resumé could look like within each of the intern's career pathways of communications, environmental science, and engineering to demonstrate how you have to customize your resumé to the position to which you are applying. Putting the new knowledge about the foundations of a strong resumé into practice, the interns participated in an interactive activity called the "Inter-'Rock'-tive Resumé Activity." Through the activity, the interns developed a mock resumé for celebrity Dwayne "The Rock" Johnson using information from his career in various different fields. To bring the day to a close, the interns tested what they learned in a fun game of resumé-themed "Kahoot!".



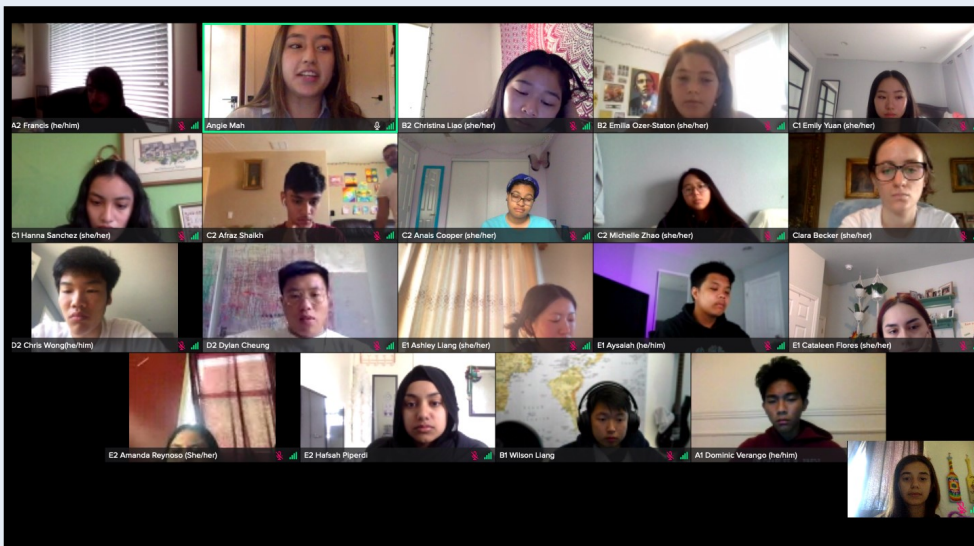
PRACTICE MAKES PERFECT

'Enrichment Activities'

THIRD PATHWAY DAY (July 12th):

Communications:

Angelina Mah, who currently works in Public Relations at BerlinRosen, was the guest mentor for our third Communications Pathway day. Angelina started by talking about her experience as a part of Project Pull and how the program allowed her to try out different career paths. She then dove into an in-depth discussion of the many dimensions of Public Relations, the specifics of her current position, and how networking helped her through the hiring process. Angelina discussed the fast pace of her work with start-ups across data and working with small and global companies through her job. The interns asked questions about what her position looks like on a day-to-day basis, the process of acquiring clients, the impact of the pandemic, and how she found her passion for and career in Public Relations. Angelina's key advice for the interns was to find communications-related internships in high school to get their foot in the door and gain hands-on experience because it will help to set them apart from other candidates when applying to jobs.

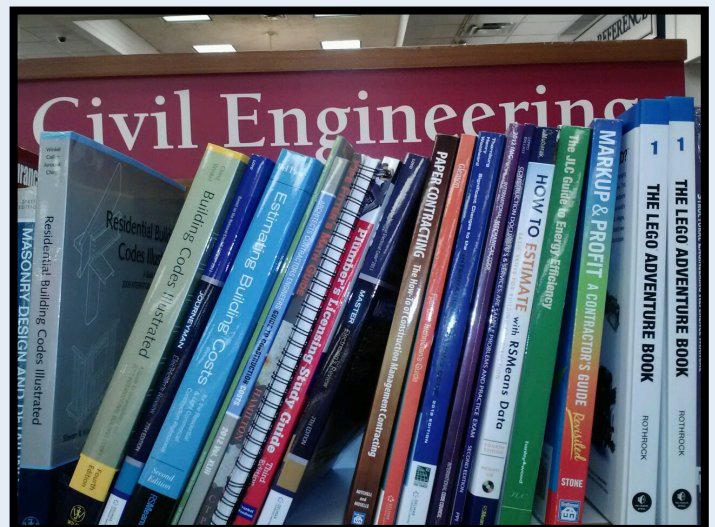


PRACTICE MAKES PERFECT

'Enrichment Activities'

Engineering:

Wendy Zambrano-Mah is an experienced San Francisco Public Utilities Commission Cost Engineer who has worked for the City and County of San Francisco for more than fourteen years! She spoke with the interns about the importance of creating and fostering mentorship relationships given that they can help shape their professional journey. Wendy recalled how one of her mentors taught her a lot about the work she does today and how the connections she made during her time interning at San Francisco Public Works helped her become the professional she is today. She also discussed the different career opportunities within engineering and stressed the importance of doing work that they are passionate about. Wendy loves to give back in the form of mentorship and has been a Project Pull and San Francisco YouthWorks mentor for many years!

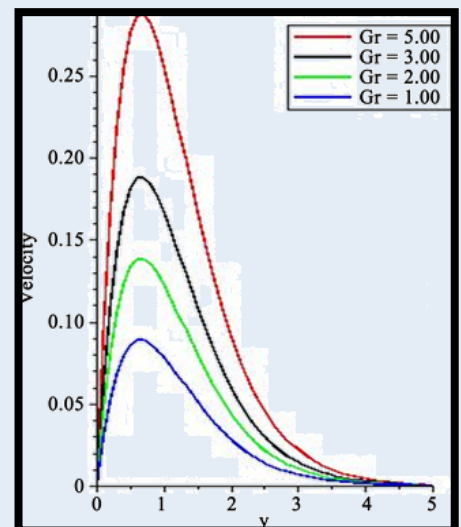
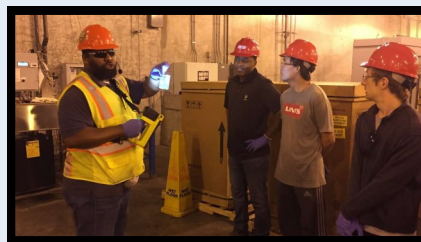
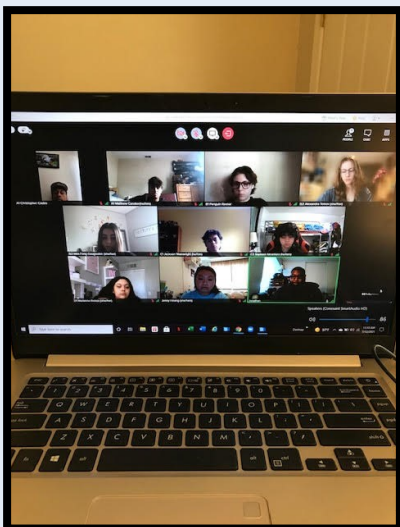


PRACTICE MAKES PERFECT

'Enrichment Activities'

Environmental Science:

Jonathan Smith, a water quality technician for SFPUC, joined us for our third pathway day. He started talking about his life before joining SFPUC where he played college football for three years, was a Human Resource specialist for the Army, and was a promotion clerk. When joining SFPUC, Jonathan talked about how he started on the communications side giving treatment plant tours before deciding that he wanted to do more—he wanted to figure out why the sewer rates were going up. Jonathan described some of his work where, in the sewers, he uses AB sensors to collect data on the velocity of the flow of water. He is now getting his master's in Kinesiology, hoping to continue to move up at SFPUC. He spent the rest of the time asking interns questions about their interest in environmental science and left them with the advice to make sure to choose a major in college that they really have a passion for.

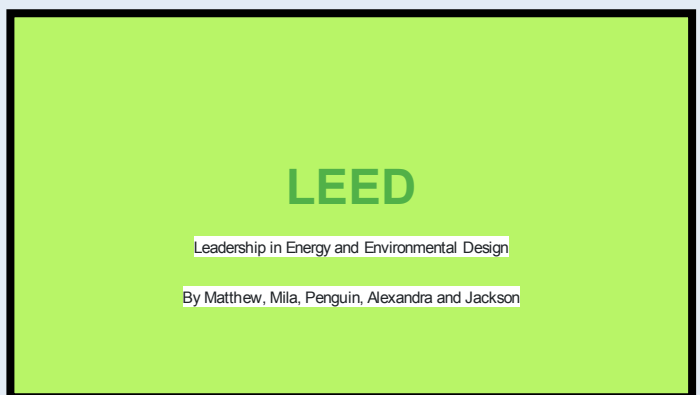
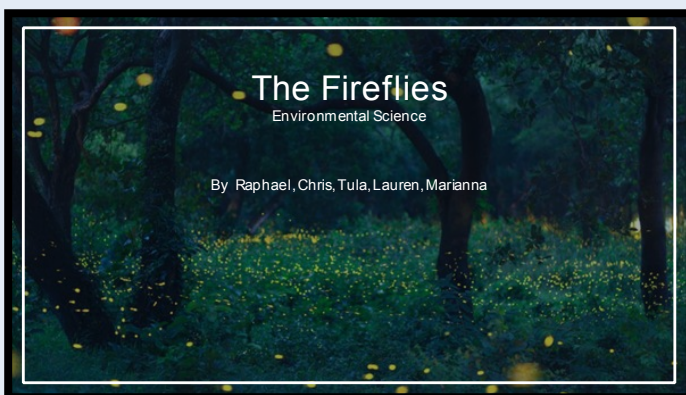
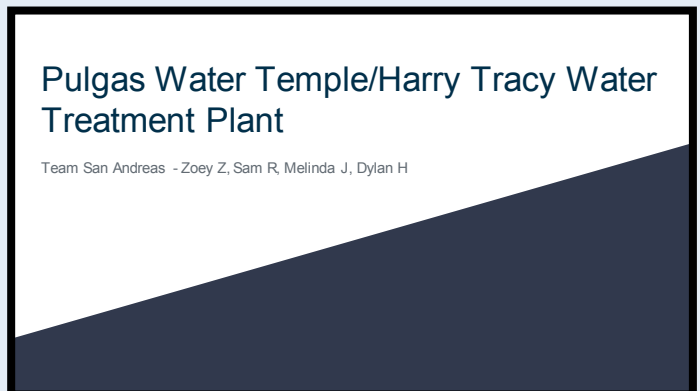


PRACTICE MAKES PERFECT

'Enrichment Activities'

Engineering and Environmental Science Pathway Presentation Day (July 16th):

The morning began with the Engineering and Environmental Science Pathway Presentations. The intern teams within the Engineering pathway each presented on different parts of the water system that lead the water that we use all the way from Hetch Hetchy to our taps. The two Environmental Science teams presented on LEED certification and "The Living Machine" at SFPUC.



PRACTICE MAKES PERFECT

'Enrichment Activities'

MOCK INTERVIEW DAY (July 16th):

Later in the afternoon, the interns watched a clip from the TV show Parks and Recreation which comically highlighted poor interview skills to kick off Mock Interview Day. The day centered around a "Pair-and-Share" activity where each intern had the opportunity to practice their interview skills as both the interviewer and interviewee. While in the large group, the interns collaborated to generate twenty common interview questions to use during their mock interviews. After being placed in random pairs, each small group selected ten questions and tailored the mock interview to a specific job or company in which they were interested. Each intern traded off interviewer and interviewee roles as they worked through the interview questions and subsequently offered one another advice based on their observations. Everyone returned to the main room for a large group debrief where the interns shared their experience, what they learned, what they want to improve on, and what advice they received from their partner. Throughout the discussion, TLs interjected various tips and advice about successful interviewing based on the areas of improvement that the interns identified. The previous day, the interns were provided with the job description for the Project Pull Team Leader position which they were told to study in preparation for Mock Interview Day. The day ended with a "Kahoot!" based on information from the job description to test how well they had "done their homework" with regard to retaining crucial information about the job that would be useful in an interview scenario.



PRACTICE MAKES PERFECT

'Enrichment Activities'

FOURTH PATHWAY DAY (July 19th)

Communications:

Analís Ibarra, Project Pull Alumna and Events and Communications Manager for the Japanese Community Youth Council (JCYC), was the fourth Pathway Day guest mentor. Analís discussed her extensive and diverse career history beginning with her three years as a Team Leader for Project Pull to her work as a mental health counselor with the San Francisco Homeless Outreach Team. Analís shared how she gravitated toward communications because she has always liked meeting new people and building partnerships. At JCYC, Analís talked about working in graphic design and creating social media posts and flyers for programs and events. Analís also described what goes into the process of event coordination and how it requires significant organizational skills and attention to detail. In response to an intern question, Analís talked about how organization was a skill she has grown into and developed over time through school and work experience. Analís also discussed her time as an undergraduate student working as a Team Leader for Project Pull and what a critical learning experience it was for her. A final Q&A session brought the pathway day to a close where interns asked about whether it was hard for Analís to make a career change into her current position within the field of communications, and advice she would give to her high school self.

Graphic
Design

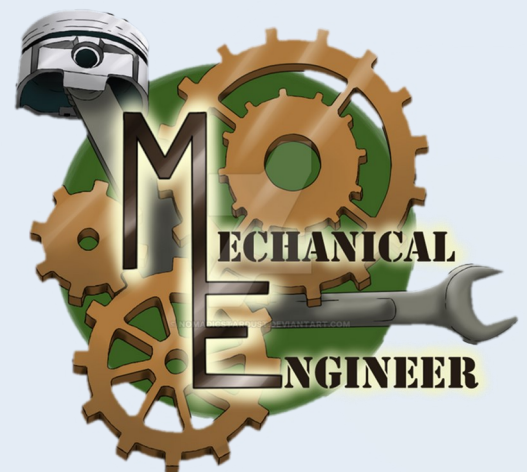
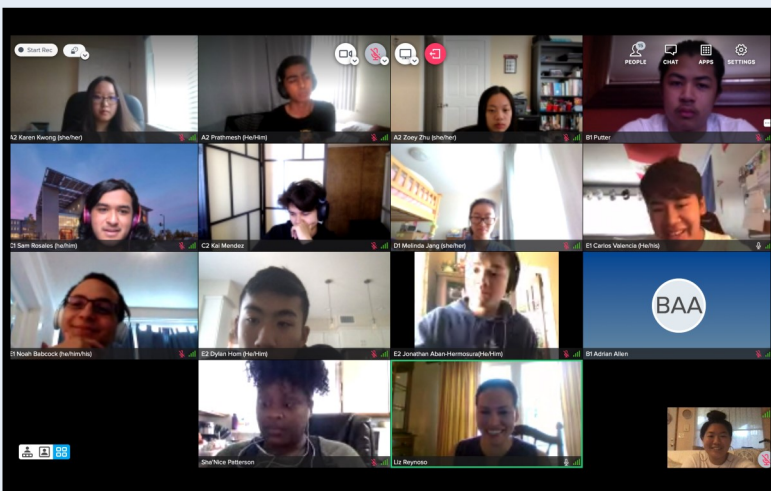


PRACTICE MAKES PERFECT

'Enrichment Activities'

Engineering:

On the last pathway day, we were happy to welcome Elizabeth Reynoso, a mechanical engineer from the SFPUC. Elizabeth shared how, after graduating from San Francisco State with a degree in Engineering and a minor in Math, she was not sure what she wanted to do in her career. While a junior at SF State, she interned at SFPUC and, after graduation, was able to get a job there. Elizabeth described how she designed, inspected, and worked in project management for two years. Following that, Elizabeth did a rotation for the city within different sectors, gaining experience in a diverse range of jobs (chemical, electrical, structural) and working in the hydraulic section (civil engineering) as well as in budgeting and finance for ten years. She discussed with the interns how her changing career path allowed her to develop flexibility and a versatile set of skills. Offering her insight to the interns, Elizabeth talked about learning that you are never alone and you always have someone by your side teaching you. She advised the interns to never be afraid to ask questions because if you don't ask you won't know what possibilities and knowledge are out there. Elizabeth also advised the interns to take advantage of the senior workers because they have so much knowledge and experience to share.



PRACTICE MAKES PERFECT

'Enrichment Activities'

Environmental Science:

Claire Beckstoffer, entering her 5th year as an undergraduate at UC Berkeley, is an Environmental Engineering Science Major, who joined us on our last pathway day. Claire shared how, since high school, she always knew she wanted to protect the planet and stop climate change. She encouraged the interns to make an impact in everything that they do and to figure out what they are good at in order to find a way to use that talent to make an impact on the world. Claire shared with the interns that she actually started her college career in the College of Letters and Sciences as an Environmental Design major. She went on to intern for Williams Sale Partnership where she conducted LEED certifications, looking through designs and advising others on how to make them more environmentally friendly. Through this experience, Claire talked about how she realized that she did not want to do environmental design and switched to the College of Engineering at Berkeley. Claire also discussed her current work at a soil lab where she is looking at soil and how nutrients cycle in the soil. The pathway day ended with an in-depth Q&A session about climate change, her academic journey, and why she chose her major.



PRACTICE MAKES PERFECT

'Enrichment Activities'

COLLEGE DAY WORKSHOP (July 23rd):

To start off the College Day Workshop, the interns were asked about their questions and fears about college and post-high school life. In keeping with previous enrichment days, the interns were treated to a short college-themed clip from Monsters University. The first half of the day consisted of a conference-style workshop where each intern was able to choose from five different sessions, led by Team Leaders and special guest mentors Kathleen Reyes and Karl Moore, based on their college experiences and areas of expertise. The session topics that the interns could choose from included post-college life, the differences between private and public universities and campus mental health resources, the UC system and the Transfer Admission Guarantee (TAG) program, the California State University experience, and the out-of-state experience. Each intern selected three of the twenty minute sessions to attend. In the sessions, the TLs and guest mentors shared their personal experiences, advice, and insights in a small group setting where interns were able to ask any and all questions they had related to the session topic.

After lunch, the Team Leaders introduced the College Research and Presentation Project. For the project, the interns were placed into eleven randomized groups as a way to get to know people outside of their team and pathway. Each group was tasked with researching and creating a short Google Slides presentation about a particular college. The day concluded with the interns' in-depth presentations that touched on everything about their respective universities from school colors to retention rate to average alumni salary.

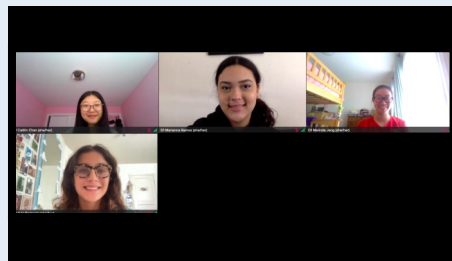


PRACTICE MAKES PERFECT

'Enrichment Activities'

PRESENTATION DAY #1 (August 3rd):

After eight weeks of collaboration to create persuasive videos arguing the “pro” or “con” stance of a particular issue, Presentation Day #1 marked the first of two days where the interns were able to share the fruits of their labor. During the first presentation day, six videos from teams Alpha, Delta, and Echo were shared with attendees. For Team Alpha, team “AlphaBet Soup” presented their pro video for the vaccine mandate debate while team “Vaccine Hesitancy” presented their video on the con perspective. For team Delta, “The Comebacks” and “Team Isolation” presented their videos on the pros and cons of reopening cities, respectively. To close out the day, Team Echo, debating in-person learning, presented the pro “Getting Personal” side of in-person learning while “Group Zoom High” presented their video on the con side. Polls were administered after each video was played, asking the audience to rate the video they just watched on its creativity and persuasiveness. Overall, the day was extremely successful and left everyone excited for Presentation Day #2.

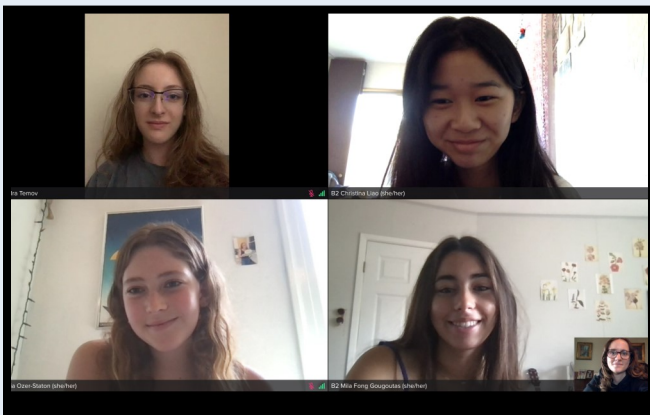


PRACTICE MAKES PERFECT

'Enrichment Activities'

PRESENTATION DAY #2 (August 4th):

For the second and final Presentation Day, two more groups presented their videos. For Team Bravo, the "Mental Health Musketeers," debated the pro side of implementing mental health education in K-12 public education while team "CONtroversial Stance" argued against the feasibility of implementing mental health education. The last group to end our video presentation day was Team Charlie, debating on the topic of cancel culture. "Cancel Culture Is Approved (CCIA)," argued in favor of cancel culture while team "Cancel Cancel Culture" argued that cancel culture was not justifiable. As with the first presentation day, attendees were asked to complete polls after each video rating the videos on their persuasiveness and creativity. This was yet again, another successful day.



PRACTICE MAKES PERFECT

'Enrichment Activities'

CLOSING CEREMONY (August 5th):

The Project Pull 2021 Closing Ceremony began with an overview of the program, summer 2021, and career pathways. We had the honor of welcoming the Acting General Manager of SFPUC, Mr. Michael Carlin, who spoke about the importance of the program and its future.

The ceremony shifted focus toward the pathways, beginning with a video that showcased all of the amazing and creative pathway projects the interns produced and presented this summer. The video consolidated all of the images of the merchandise from the Communications Pathway and the slides from the Engineering and Environmental Science presentations into one celebration of all of their hard work. One guest mentor speaker and two interns from each pathway each delivered speeches discussing their takeaways. Intern Jonathan Aban-Hermosura also delivered a speech that offered a glance into the summer from the intern perspective, his experience as a returnee with two summers of virtual Project Pull experience, and some of the highlights and favorite moments from the program. The TLs then shared personalized appreciations for each intern on their team as their certificates were shared on the screen. The ceremony closed out with an intern spotlight slideshow video where each intern had a slide dedicated to them. Before sending everyone off, Ms. Lisa ended the day with an amazing speech about what makes Project Pull and this specific group of interns so special.



CONGRATULATIONS
to our 2021 Project Pull Interns!

PROJECT PULL
internship program

PRACTICE MAKES PERFECT

'Enrichment Activities'

LAST DAY — FUN DAY (August 6th):

The summer ended on a strong note with a final fun day full of games and celebration. Carlos and Ms. Lisa praised all of the interns for their performance at Presentation Day before sharing the results of the polls determining which video for each team was the most persuasive and creative overall. All of the poll results were extremely close with each competing group separated by a single point.

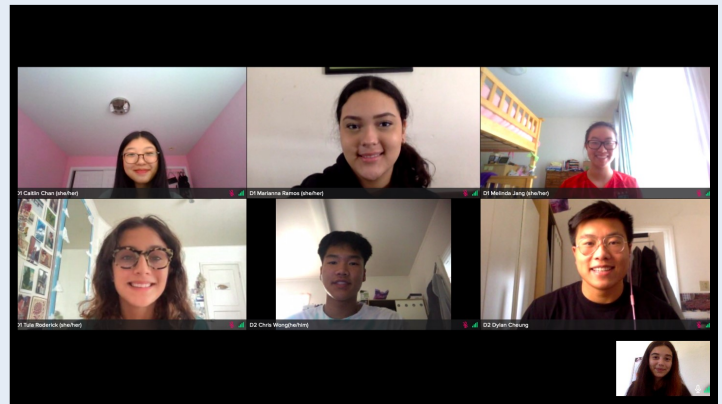
After congratulating all of the teams, the interns played a game called "How Well Do You Know Your TL?" where each team had to work together to answer trivia questions about their TL. Some of the questions included were: "Where did your TL go to high school?", "Is your TL an early bird or a night owl?", and "What is your TL's favorite food?" After lunch, the tables turned and the TLs were tested on their knowledge of their interns in a game called "How Well Do The TLs Know Their Interns?". For the game, each intern created a slide with a question about themselves that they thought their TL would know about them. Some of the questions that the interns asked their TLs were: "What pets do I have?", "What is my dream college?", and "What is my favorite TV show?".

The day and the summer ended with each and every intern sharing a favorite memory or general reflection on the summer as a whole. It was a beautiful way to close out the summer and a reminder of all of the hard work and fun that we had.

MEET THE CAST

'Interns'

Meet the forty-two (42) Project Pull interns, who made this summer a memorable one. This summer was jam packed with career pathway exploration, enrichment activities and video presentations, however, here at Project Pull we like to "Work hard, play hard!" Get to know our interns through their fun picture submissions and learn more about their schools and career pathways!





**JONATHAN ABAN-HERMOSURA
ST. IGNATIUS
ENGINEERING**



**RAPHAEL ALCANTARA
LOWELL
ENVIRONMENTAL SCIENCE**



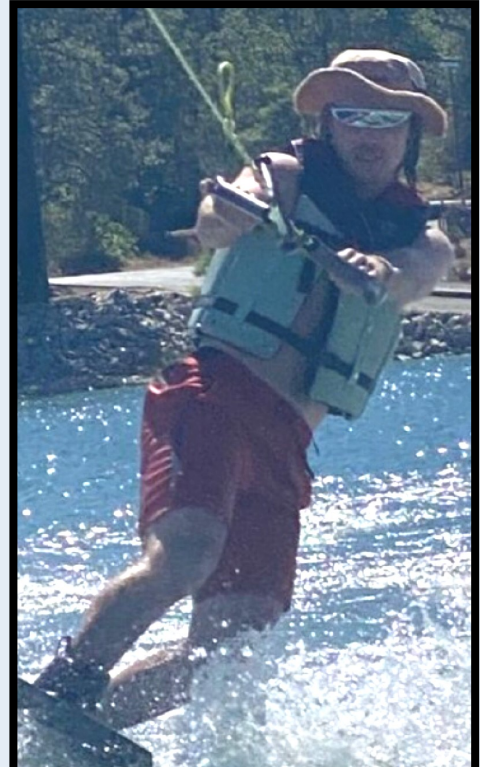
**ADRIAN ALLEN
UC MERCED
ENGINEERING**



**PUTTER AROONCHAPIROM
ABRAHAM LINCOLN
ENGINEERING**



**NOAH BABCOCK
SACRED HEART
ENGINEERING**



**MATTHEW CANDLER
SAN JOSE STATE UNIV.
ENVIRONMENTAL SCIENCE**



**CHRISTOPHER CASTRO
IDA B. WELLS
ENVIRONMENTAL SCIENCE**



**CAITLIN CHAN
LOWELL
ENGINEERING**



**DYLAN CHEUNG
GEORGIA TECH
COMMUNICATIONS**



**ANAIS COOPER
ST. IGNATIUS
COMMUNICATIONS**



**CATALEEN FLORES
SACRED HEART
COMMUNICATIONS**



**DYLAN HOM
ST. IGNATIUS
ENGINEERING**



**MILA FONG GOUGOUTAS
LICK-WILMERDING
ENVIRONMENTAL SCIENCE**



**CATHERINE HOU
CRYSTAL SPRINGS UPLANDS
ENGINEERING**



**MELINDA JANG
LOWELL
ENGINEERING**



**KAREN KWONG
RUTH ASAWA SOTA
ENGINEERING**



**ASHLEY LIANG
ABRAHAM LINCOLN
COMMUNICATIONS**



**WILSON LIANG
SF STATE
COMMUNICATIONS**



**CHRISTINA LIAO
GEORGE WASHINGTON
COMMUNICATIONS**



**LAUREN MARCELO-TABIOS
GEORGE WASHINGTON
ENVIRONMENTAL SCIENCE**



**KAI MENDEZ
ABRAHAM LINCOLN
ENGINEERING**



**JESSICA MENDIOLA
ARCHBISHOP RIORDAN
COMMUNICATIONS**



**EMILIA OZER-STATON
LICK-WILMERDING
COMMUNICATIONS**



**HAFSAH PIPERDI
LOWELL
COMMUNICATIONS**



AYSAIAH RADOC MANRIQUE
UC DAVIS
COMMUNICATIONS



MARIANNA RAMOS
SACRED HEART
ENVIRONMENTAL SCIENCE



PENGUIN RAVNER
GATEWAY HIGH
ENVIRONMENTAL SCIENCE



AMANDA REYNOSO
MERCY HIGH
COMMUNICATIONS



FRANCIS ROBERTS
GATEWAY HIGH
COMMUNICATIONS



TULABELLE RODERICK
LOWELL
ENVIRONMENTAL SCIENCE



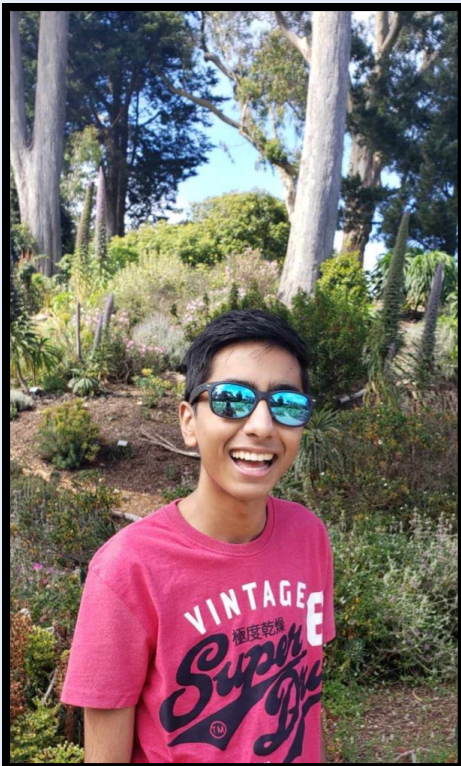
SAM ROSALES
THE NUEVA SCHOOL
ENGINEERING



HANNAH SANCHEZ
SACRED HEART
COMMUNICATIONS



AFRAZ SHAIKH
LOWELL
COMMUNICATIONS



PRATHMESH SONAWANE
LOWELL
ENGINEERING



ALEXANDRA TEMOV
LOWELL
ENVIRONMENTAL SCIENCE



CARLOS VALENCIA
SANTA CLARA UNIVERSITY
ENGINEERING





**DOMINIC VERANGO
SACRED HEART
COMMUNICATIONS**



**JACKSON WAINWRIGHT
NORTHEASTERN UNIVERSITY
ENVIRONMENTAL SCIENCE**



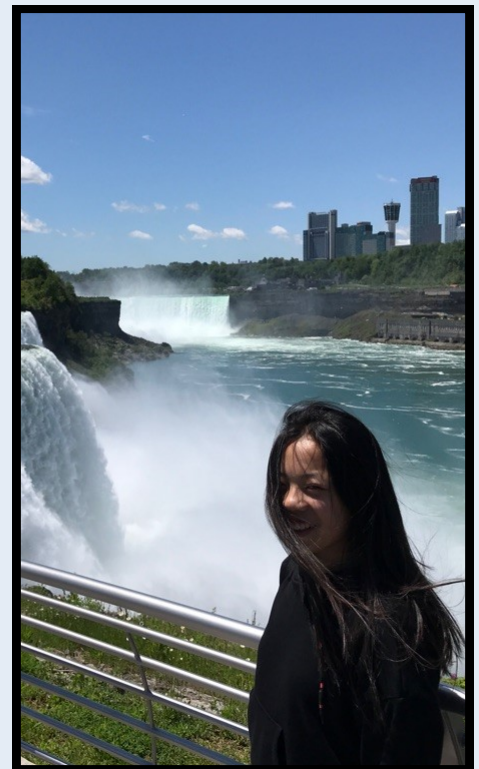
**CHRISTOPHER WONG
SAN JOSE STATE UNIV.
COMMUNICATIONS**



**EMILY YUAN
THE DREW SCHOOL
COMMUNICATIONS**



**MICHELLE ZHAO
JEFFERSON HIGH
COMMUNICATIONS**



**ZOEY ZHU
LOWELL
ENGINEERING**

RAVE REVIEWS

'Summer Reflection Quotes'

"Just from my experience of the program through my iPad screen at home, Project Pull is undeniably the best experience any high school student could be offered.....Project Pull was worth being on screen for."

—Jonathan Aban-Hermosura, Intern

"It was helpful to hear [the mentors] career advice because so often career advice that you find on the internet is just empty words. But, the mentors gave us actionable, real-world advice for both our academic future and also how to pursue a career within environmental science"

—Penguin Ravner, Intern

"I really encourage you all [interns] to find your passion and go for the stars, shoot for the moon. Always go after what you are passionate about and it won't feel like you have to work a day in your life."

—Donovan Gomez, Communications Mentor

"Programs like Project Pull give opportunities to future engineers to be exposed to what engineers do. You can study all you want in school, but there's really no experience like actually doing it. It also gives the opportunity to people like me to really speak to the future"

"I just also want to thank Mama Lisa and Project Pull and all the people that pull this program together. They put in so much effort, and they put in so much time to pull this thing together--to give the Project Pull interns an opportunity--and people like me, the mentors--an opportunity to bring us together so that we can then recruit for the City and County of San Francisco."

—Tedman Lee, Engineering Mentor

"Continue to be an example to others. Always set the tone, be a leader. You don't always have to be vocal...your work speaks louder than words...Always be an example to others so that you can set the standard and others will look up to you, and you will be able to help others as well."

—Jonathan Smith, Environmental Science Mentor

"We view you as basically, not just an intern program, but actually how you become part of a PUC family going into the future.....I look forward to the Team working on Project Pull 2022 as we are going to continue this program now and into the future."

—Mr. Michael Carlin, Acting SFPUC General Manager

CREDITS

‘Program Statistics’

<u>PARTICIPANTS’ HIGH SCHOOL</u>	<u>ETHNICITY</u>
ABRAHAM LINCOLN HIGH SCHOOL	AFRICAN AMERICAN - 3
ARCHBISHOP RIORDAN HIGH SCHOOL	ASIAN - 16
CRYSTAL SPRINGS UPLANDS SCHOOL	ASIAN/CAUCASIAN - 1
DREW SCHOOL	CAUCASIAN - 3
GATEWAY HIGH SCHOOL	FILIPINO - 1
GEORGE WASHINGTON HIGH SCHOOL	INDIAN - 3
IDA B WELLS HIGH SCHOOL	LATINO - 9
JEFFERSON HIGH SCHOOL	LATINO/CAUCASIAN - 2
LICK-WILMERDING HIGH SCHOOL	LATINO/ASIAN/CAUCASIAN - 1
LOWELL HIGH SCHOOL	PACIFIC ISLANDER/ASIAN - 1
MERCY HIGH SCHOOL	RUSSIAN - 1
RUTH ASAWA SCHOOL OF THE ARTS	THAI - 1
SACRED HEART CATHEDRAL PREPARATORY	
SAINT IGNATIUS COLLEGE PREPARATORY	
THE NUEVA SCHOOL	
<u>GRADE LEVEL</u>	<u>GENDER BREAKDOWN</u>
HIGH SCHOOL SENIORS: 8	FEMALE: 21
HIGH SCHOOL JUNIORS: 21	MALE: 20
HIGH SCHOOL SOPHOMORES: 13	NON-CONFORMING: 1
TOTAL HIGH SCHOOL PARTICIPANTS: 42	

